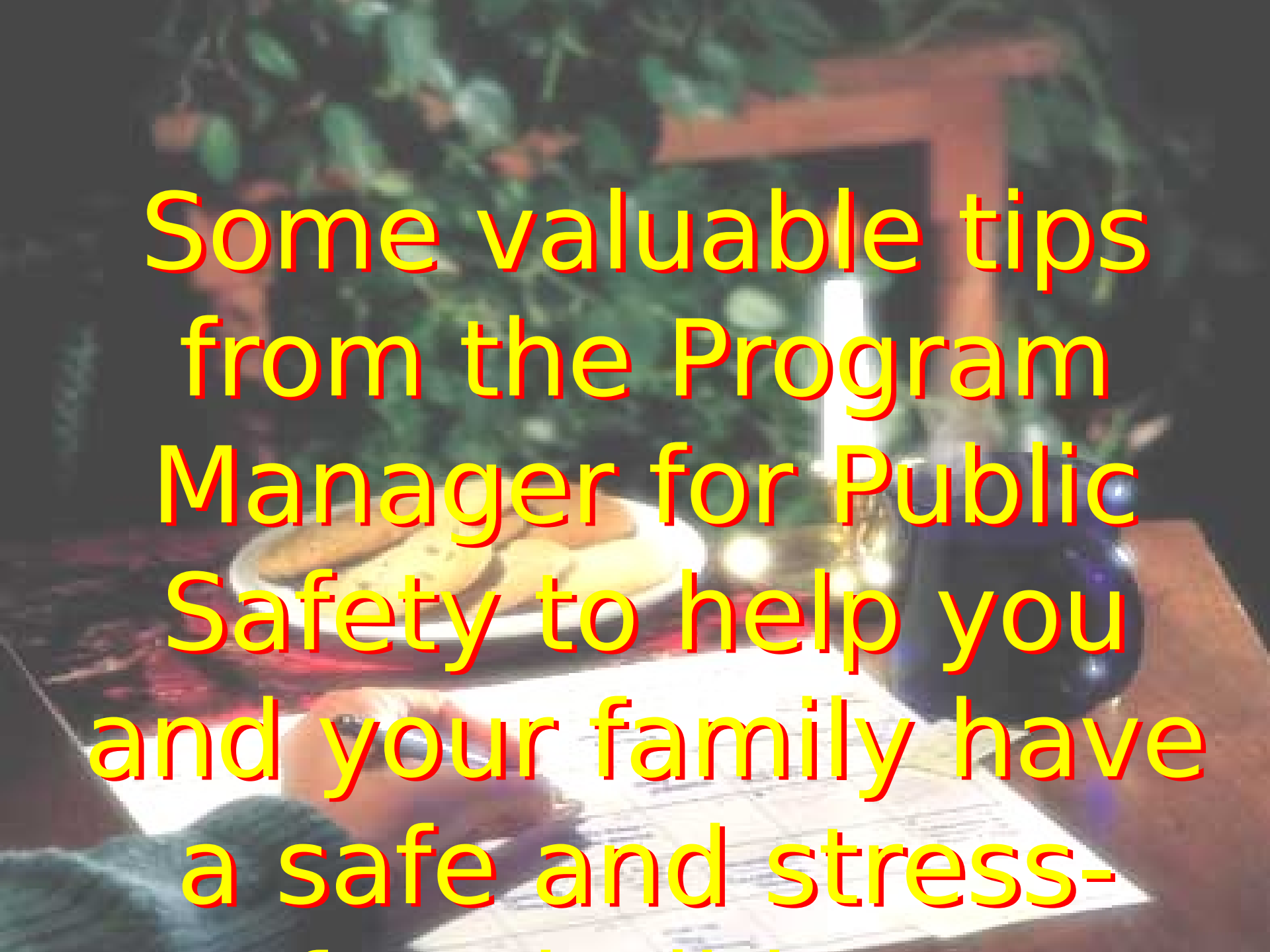

Some valuable tips
from the Program
Manager for Public
Safety to help you
and your family have
a safe and stress-

Holiday Risk Management

- Identify Hazards
- Assess Risks
- Make Risk Decisions
- Implement Controls
- Monitor/Supervise/Evaluate

Safety Hazards

- Don’t overload electrical circuits
- If you have a fireplace, woodstove or use gas logs/furnace, make sure you have an operable UL approved carbon monoxide detector
- Turn off electric candles and decorative [illegible] before going to sleep

Safety Hazards

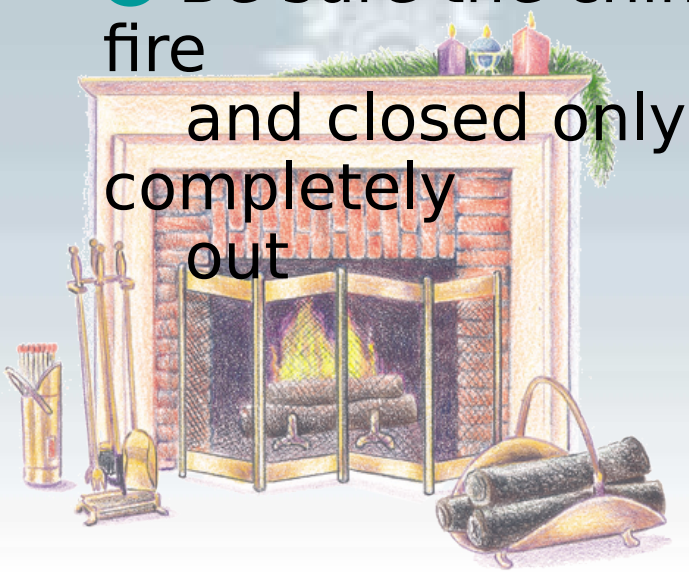
- Inspect all electrical equipment before use
- Use the proper size and type light bulbs in decorative lighting
- Spread sand or salt on icy walkways

Fire Hazards

- Place candles in holders that will not tip
- Keep candles, Yule logs, Menorahs, and Kinaras away from drapes, trees or potentially flammable objects
- Extinguish candles before leaving home or going to sleep

Fire Hazards

- Have a professional check your fireplace and chimney every year. Soot buildup leads to house fires
- Use kindling and wooden matches to light fires – not flammable liquids
- Always use a fire screen
- Be sure the chimney flue is open before lighting a fire and closed only when you are sure the fire is completely out



Holiday Traveling

- Give yourself plenty of time to get where you are going
- Make sure your vehicle is in good repair
- If you drink… don’t drive
- Always use safety belts and child safety seats
- Maintain a safe distance between vehicles
- Get a good night’s sleep before traveling
- Avoid eating heavy meals, as this can lead to sleepiness

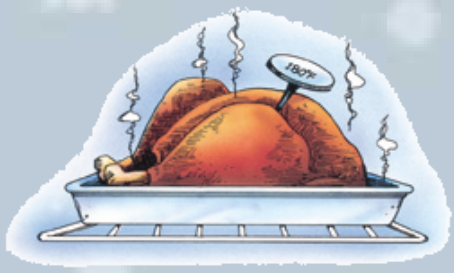
Holiday Traveling

In case you encounter inclement weather, carry an emergency kit that contains:

- First-aid supplies
- Blankets
- Flashlight with spare batteries
- Flares
- A shovel
- Quick-energy foods, nutrition bars, or dried fruits and nuts
- Sand, salt or cat litter for traction

Food Preparation and Consumption

- Keep all cookware, utensils, preparation areas, and your hands clean
- Refrigerate foods that require cold storage
- If food needs to be chilled during serving, place the dish on a bed of ice
- Keep foods that need to stay warm on a hot plate or in an oven at a temperature no lower than 110º F.
- Use a thermometer when cooking meats to be sure inner sections reach the right temperature
- Leftovers shouldn’t be left out more than two



Food Preparation and Consumption

At holiday time it is easy to over-indulge! Here are some tips to help you keep those extra holiday pounds off.

- Limit your calorie, fat and sugar intake over the course of the holiday season
- Limit your alcohol and caffeine consumption
- Bring food dishes and beverages to parties that give you and your children healthy alternatives
- Keep up some form of exercise during the holidays
- Limit the number of activities you attend
- Conserve on your energy resources

Have a safe
and happy
Holiday
Season!